

NUTRITION AND EXERCISE GUIDE– Know the following. Be able to define, using proper definitions. You will have two short answers (10pts each) that will come from two of the topics below.

Presentation 1 –

Key factors affecting your health

What is nutrition? What is exercise?

What are some benefits of good nutrition? What are some benefits of exercise?

What are the 5 food groups?

What are the 5 types of exercises? (be able to explain them)

Presentation 2 - What The Body Needs

Fuel – good organic healthy foods

Life – Oxygen

Fluids – Water

Blood – for part functioning

Physical Activity – minimum 30mins a day

Rest – Regenerate and rehabilitation

Presentation 4 – What to know when choosing healthy foods

Proteins (complete/incomplete), fats (types), carbs, vitamins and minerals

Difference between simple and complex carbs.

Presentation 3: Systems of The Body

Know the systems of the body - Know what they do.

Know the main organs in each system

Presentation 5: Nutrition Fact Sheet

Calculate serving size

What to have more of - What to have less of

What needs to be on it

Other things to know:

Secrets of Sugar – REVIEW YOUR NOTES ON THIS.

How many grams of sugar in a teaspoon? Be able to calculate a problem

What are GMOs?

How are GMO's made?

What are some health concerns when on a GMO diet?

Distinguish between aerobic and anaerobic exercises